



## GRANT COUNTY

**Patricia Poor,**  
County Extension Agent, Family and Consumer Sciences

# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

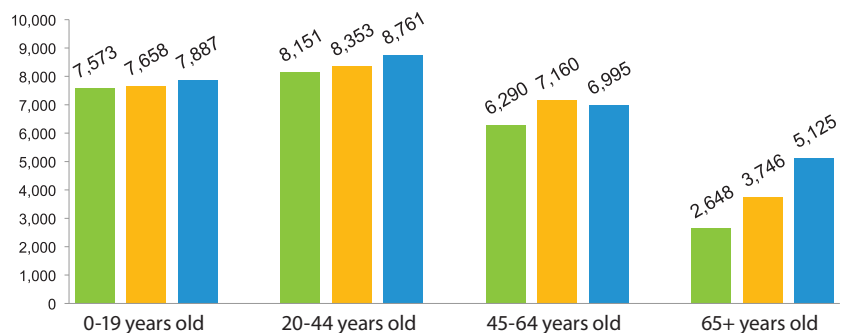
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Grant County. To help families make wise decisions, our educational programs focus on:

- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** to recycle, reduce waste, and protect our environment
- **Accessing Nutritious Food** that is affordable, available and safe
- **Empowering Community Leaders** as we all work to sustain and improve our communities

In 2012-2013, Family and Consumer Sciences Extension made **9,235** contacts with Grant County individuals and families.<sup>2</sup>

### OUR PEOPLE

Grant County projected population<sup>1</sup>



### SPOTLIGHT ON ...

## HEALTHY AT SCHOOL

In effort to improve childhood nutrition, reduce childhood obesity, reduce sugary drinks and increase physical activity, the Grant County FCS agent and Williamstown Independent Schools were awarded a \$2,000 grant from Action for Healthy Kids. Food tastings were held for 900 students and 100 staff members, focusing on foods that were locally available and could possibly be incorporated into the school menu. Other activities included: nutrition newsletters distributed for students to take home; MyPlate banner and posters displayed in the school; pedometers provided for each classroom; after-school cooking classes; and backpacks distributed featuring the MyPlate. Pre- and post-evaluations showed that many students still need to eat breakfast and increase fruit and vegetable consumption. The school staff are interested in continuing the "Recipe for Life" partnership next year.

<http://hes.uky.edu/StrongFamilies>

## FAMILY ACCESS

According to the 2007-2011 American Community Survey,<sup>3</sup> in Grant County...

- **22.4%** (+/- 4.9) of families with children were below poverty
- **12.1%** (+/- 5.3) of those ages 65 and over were below poverty
- **19.9%** (+/- 2.4) of households had retirement income
- **3.4%** (+/- 1.1) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Grant County had **4,341** people, **1,321** children and **316** seniors with low access to a supermarket or large grocery store.\*

In addition, **2,062** residents had **both** low income **and** low access to stores.

### As a result of participating in Grant County Extension programs:<sup>2</sup>

- **309** people demonstrated an increase in practical living skills.
- **115** people increased knowledge of economic and enterprise development.
- **175** people were involved in addressing community issues.

## COMMUNITY AVAILABILITY

In 2011, Grant County had:

- **3** Grocery stores (any kind)<sup>5</sup>
  - **2** Grocery/supermarkets (except convenience)<sup>5</sup>
  - **1** Convenience store (i.e. food marts – no gas)<sup>5</sup>
- **19** Gasoline stations with convenience stores<sup>5</sup>

In the county, there were:

- **2** Roadside markets that served the county<sup>6</sup>
- **3** Farmers market locations<sup>7</sup>
- **33** SNAP\*\* authorized stores (food stamps)<sup>4</sup>
- **7** WIC\*\*\* authorized stores<sup>4</sup>

In 2011, there were **\$237,544.78** in SNAP redemptions/per SNAP authorized store in Grant County.<sup>4</sup>

### As a result of participating in Grant County Extension programs:<sup>2</sup>

- **2,145** people increased knowledge of healthy food consumption.
- **384** people increased knowledge of lifestyle changes to improve personal health.
- **1,492** people reported eating more healthy foods.

## FOOD ASSISTANCE

In Grant County...

- **2,364** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **1,866** children in 2007 (**up 26.7%**).<sup>9</sup>
- **64.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **2,408** SNAP cases and the monthly SNAP benefit level was **\$304.27**.<sup>8</sup>

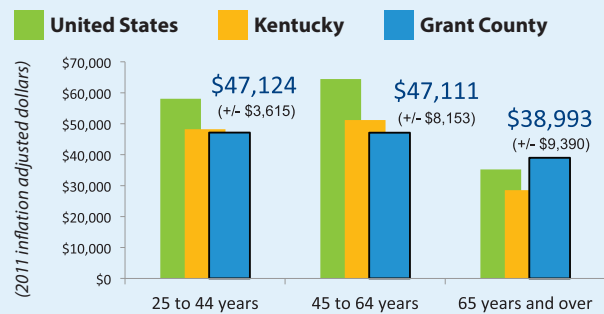
Grant County is served by Freestore Foodbank of the Ky. Assoc. of Food Banks.<sup>10</sup>

### As a result of participating in Grant County Extension programs:<sup>2</sup>

- **72** people supplemented their diets with healthy foods they produced or preserved.
- **2,350** people were reached with information on eating healthy foods.
- **1,549** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Grant County (2007-2011)<sup>3</sup>



#### SOURCES

- <sup>1</sup> Kentucky State Data Center
- <sup>2</sup> Kentucky Cooperative Extension Service Reporting, FY 2013
- <sup>3</sup> 2007-2011 American Community Survey, 5-Year Estimates
- <sup>4</sup> USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
- <sup>5</sup> US Dept of Commerce, County Business Patterns, 2011.
- <sup>6</sup> Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
- <sup>7</sup> Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
- <sup>8</sup> Kentucky Cabinet for Health and Family Services, Data Book, June, 2013. [http://chfs.ky.gov/dcbcs/data\\_book.htm](http://chfs.ky.gov/dcbcs/data_book.htm)
- <sup>9</sup> Kids Count Data Center, KY Youth Advocates.
- <sup>10</sup> Kentucky Association of Food Banks. <http://www.kafb.org>
- \*\* Supplemental Nutrition Assistance Program
- \*\*\* The Special Supplemental Nutrition Program for Women, Infants and Children